

Do You Receive Food Stamp Benefits?

Get job training and other support through the Missouri Employment and Training Program (METP) for **FREE!**

What is METP?

METP is a job training program for Food Stamp recipients to gain skills, training or work experience. METP is free through Missouri's Job Center and can help you prepare for a job that can raise your income.

Who can get help from METP?

You can choose to take part in METP if you are receiving Food Stamp benefits. Read the blue box on the right to see if you are an **ABAWD** or a **Volunteer**.

To take part in METP, visit a [Missouri Job Center](#) near you, or call 1-888-728-JOBS (1-888-728-5627).

How can METP help?

- Adult Basic Education (ABE)
- Basic literacy
- English as a Second Language (ESL)
- High school or college
- Help paying for work transportation expenses
- Job search
- Job seeking
- On-the-job training
- A skill or trade

Definitions

Able-Bodied Adult without Dependents

- 18-49 years old
- No children under age 18 in the Food Stamp household
- Not disabled
- Not pregnant
- Not a full-time student
- Not caring for an ill or incapacitated household member
- Not receiving unemployment (in any state)
- Not attending a drug or alcohol treatment program

To receive more than 3 months of benefits from Jan 2016 to Dec 2018, ABAWDs must:

- Take part in work and/or training for 80 hours per month through METP or by bringing documentation to the FSD, **OR**
- Provide verification of work or training for 80 hours within the past 30 days to receive benefits again, **OR**
- Inform the Family Support Division (FSD) if they are no longer an ABAWD or meet an exemption.

Volunteers

Not an ABAWD, but are choosing to participate in METP.

ABAWDs can give the Family Support Division (FSD) documentation showing they have met the requirements, such as:

- **Documents from employer, such as pay stubs or an employer statement:**
Your income before taxes and other deductions are taken out, how often you're paid, and the hours you worked.
- **Documents from self-employment income:**
Documentation which show your work hours, pay and expenses, or a prior year tax return if this shows the current rate of pay.
- **Training or School Schedule**

Work or training you do through METP gets reported to the FSD and may count toward your work requirement.

Have any questions or want to learn more?

Call the FSD at
1-855-FSD-INFO
(1-855-373-4636)
or visit an FSD Office near you.
Find office hours and locations at
dss.mo.gov/dss_map/



Nondiscrimination Statement

In accordance with Federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form PDF Document**, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary
for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or
Email: program.intake@usda.gov

Relay Missouri: 711

Do you need help with a language other than English?

Call 1-855-373-4636 and tell the representative the language you need.

The Family Support Division is an equal opportunity provider and employer.